### A PARENT GUIDE TO THE NOVEL CORONAVIRUS (2019-nCoV)

#### WHAT YOU SHOULD KNOW:

**The symptoms include mild to severe respiratory illness with:**

- Fever
- Cough
- Difficulty breathing

Having these symptoms alone does not mean that someone has the virus. Symptoms may appear in as few as two days or as long as 14 days after exposure. According to the CDC, the greatest risk of infection is for individuals who have recently traveled to Wuhan, China.

These symptoms mimic flu-like symptoms and there are currently no specific treatments for 2019-nCoV. However, preventive measures for the 2019-nCoV are similar to other respiratory viruses such as the flu.

#### WHAT ARE FLU SYMPTOMS?

Flu symptoms can include a cough, sore throat, fever, runny or stuffy nose, body aches, headaches, chills, feeling tired, and may include vomiting and diarrhea. Some people with the flu may not experience all of these symptoms.

#### WHAT IF MY CHILD HAS THESE SYMPTOMS?

- You should contact your healthcare provider immediately. Don’t wait for symptoms to worsen.
- Parents/guardians are encouraged to keep children home when sick.

#### WHAT ARE SOME WAYS I CAN PROTECT MY CHILD?

- According to the CDC, proper handwashing with soap and water is one of the best ways to prevent illness.
- Demonstrate proper handwashing for 20 seconds. Have your child visit [https://www.cdc.gov/handwashing/index.html](https://www.cdc.gov/handwashing/index.html) to watch a video on proper handwashing.
- Demonstrate to your child how to cover their nose and mouth with a tissue when coughing or sneezing.

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